The National Herb Garden's

Self-Guided Tour



of Herbs Used in Hispanic Culture

U.S. Department of Agriculture Agricultural Research Service United States National Arboretum

September 15 - October 15



Annatto, Achiote
(Bixa orellana)
In Puerto Rico, the
processed seed of annatto
colors rice orange-yellow.
Central and South
American Indians painted
their bodies with this dye.
[Dye Garden]



peppers.
[Culinary Garden]

Culantro (this is not Cilantro) (Eryngium foetidum) Cooks use the leaves in beans, stews, and rice. It is also one of the ingredients in "sofrito"—a blend of onions, culantro, oregano, Cubanelle chile peppers, garlic, and Ají chile

Chile Peppers, Pimientos Picantes

(Capsicum annuum)

The Mayans of Guatemala used chiles to settle their stomachs. They also rubbed a pepper mixture on their gums to ease toothaches.



[Medicinal Garden and Chile Pepper Border]



Cuban Oregano,
Orégano Cubano
(Coleus
amboinicus)
Leaves of this
strongly oreganoflavored plant are

used in black bean dishes.
[Culinary Garden Theme Bed]

Epazote

(Chenopodium ambrosioides) Known to the Mexican Indians as Hierba Santa Maria, the



pungent leaves of epazote flavor beans, soup, corn, and shellfish. They are added to bean dishes to prevent gas. This herb is used to expel worms and phlegm and to treat asthma. [Culinary Garden]



Ginger, Jengibre

(Zingiber officinale)
The root of this herb
flavors desserts. Ginger
tea is used as a home
remedy to alleviate sore
throats.

[Medicinal, Asian, and Beverage Gardens]



Habanero Pepper, Pimiento Habanero (Capsicum chinense) This chile, the hottest known to exist, is commercially grown almost exclusively on the Yucatán

Peninsula. In Costa Rica, Habanero peppers are used to make a homemade hot sauce known as "chileras." Chileras also includes pickled vegetables and vinegar.
[Chile Pepper Border]





reduce fever. A powder made from the flower is used to scent soaps, and an oil is extracted for perfumes.

[Fragrance Garden]



Lemon Verbena, Hierba Luisa (Aloysia triphylla) Native to Argentina and Chile, the aromatic leaves of

this herb make a soothing tea.
[Colonial, Culinary, Fragrance, and Beverage Gardens]



Mexican Oregano, Orégano Mejicano

(Lippia graveolens)
In Mexico, the leaves are used like true oregano in cooking. In Mexican folk medicine, it is used to expel phlegm.
[Culinary Garden]

Also known as **Mexican Oregano**, **Orégano Mejicano**

(*Poliomintha longiflora*)
Its strongly-flavored leaves are used like oregano in Mexico and Texas.
[Culinary Garden]



(Tropaeolum majus)
This herb has grown in the Andes for 8,000 years.

The leaves and flowers are edible. [Culinary Garden]



Pineapple Sage, Salvia

(Salvia elegans)
In Mexico, leaf
tea is made to
calm an upset
stomach. The

leaves also flavor pork, chicken, or rice dishes. [Culinary, Fragrance, and Salvia Border]



Upland Cotton, Algodón (Gossypium hirsutum) Native to Central

America, the

seed hairs of this herb have been woven into fabric for over 2,500 years. The seeds are also pressed for an edible oil.
[Industrial Garden]

Stevia

(Stevia rebaudiana) Also known as the Sugar Herb of Paraguay, stevia sweetens



teas and foods. In Paraguay, it also treats diabetes and hypertension.
[Industrial Garden]



Sugar Cane, Caña de Azúcar

(Saccharum officinarum)
This herb is widely
cultivated in Caribbean
countries and the
Americas. It is used in
desserts and rum
processing.
[Industrial Garden]

Sweet Bay, Hoja de Laurel

(Laurus nobilis)
The leaves flavor stews, casseroles, and yellow rice.

[Culinary Garden and also container plants]





Sweet-Scented Marigold, Caléndula Aromática

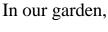
(Tagetes lucida)
The leaves make a
relaxing tea that is used in
Mexico for upset
stomachs. It is also a good
substitute for French
Tarragon.
[Culinary Garden]

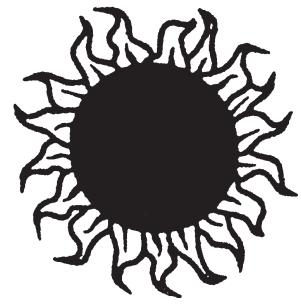


(Zinnia spp.)
Native to the Americas,
zinnia flowers dye wool
yellow. Regardless of the
flower's color, the dye will

always be yellow.

[Dye Garden]





denotes an herb important in Hispanic cultures. When you come across it, look in the brochure to find the plant's use.

For this tour, we have selected herbs that are presently at their peak performance.

We would like to know what herbs you use. Please write your comments in the space below and give them to the desk attendant in the Administration Building

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